

Public Health Department

BY DR. J. C. MAHR, STATE COMMISSIONER OF HEALTH

PREVENTIVE DISEASES THAT KILL

Scientists, doctors and health officials have reduced very materially the death rate among contagious and infectious diseases, but there is another class of diseases that can be classified as preventive, wherein the death rate has not been decreased, but according to all statistics is on the increase. In this class will be heart, kidneys, and arteries. These diseases can be prevented, or at least postponed, if detected in time. Cancer is rapidly on the increase, and since 1880 it has increased 130 per cent. The other diseases referred to have increased 104 per cent.

In the year 1912, in Oklahoma, diseases of the heart, kidneys, arteries and cancer caused the death of 1,176. We cannot quarantine against these diseases for the reason that quarantine would not benefit any individual, and as a sign board it would be a failure. Neither can we cure any of these diseases if they are far advanced, and unfortunately most of them are in an advanced stage when they come to the physicians attention.

If you will stop to think, the human ingenuity has failed to devise anything approaching it in perfection. Do you pay as much attention to this machine as you do to your automobile?

An adult life is estimated as being worth \$7,000 to the state. If you had \$7,000 invested in a machine that should last and perform faithful service for fifty years would you let it run that length of time without an inspection?

If you would avoid apoplexy, paralysis, Bright's disease, arteriosclerosis and cancer, and our advice was asked, we would say go to your doctor at reasonable intervals for a health examination, and give heed to his advice for it will cost you less to head off disease than to cure it.

Nearly all of these troubles can be checked, or cured, if discovered in time, but many of them develop so insidiously that without occasional medical examination their presence is only detected when it is too late to arrest their progress.

UNCLE SAM GUARDS SOLDIERS

Every day preventable and post-ponable diseases cost Uncle Sam nearly 1,800 lives, and an economic waste exceeding \$4,000,000. Uncle Sam has 131,000 soldiers and sailors. These are for the purpose of protection against outside enemies. Congress appropriates \$72.00 for each enlisted man in health protection, but it permits the government to spend only 2.6 cents to protect its citizenship within the borders of the United States from disease. This government spent over \$9,000,000 in the army and navy last year and \$2,500,000 in the protection of the health of its 110,000,000 citizens.

INSURANCE COMPANIES AWAKEN

Over \$205,000,000 in death claims were distributed in 1912 by Life Insurance Companies in the United States. This large distribution of money is causing the Life Insurance Companies to wake up and to realize that the protection of public health is a good business proposition. Today a number of them are engaged in a public health campaign for the purpose of conserving the health of the people of the United States. Such little lessons as was taught by science at Pittsburgh, Pa., where they reduced the death rate from Typhoid Fever by filtering the water, from 135 in 1907 to 5.9 in 1912, has caused these business men to recognize that prevention is better than cure, and that public health is not a fad for a doctor to preach. If it is a good business for Life Insurance it certainly ought to be good business for the State, County, City and Municipality.

WHAT IS A HEALTH OFFICER?

Public health work does not mean that a health official is simply a quarantine officer. You need to be protected against yourself and your own indiscretions far more than you need protection from your neighbor. Proper living, proper dieting, and proper exercise will extend your life and save you more doctor bills than all the fads in Christendom.

NEW RAILROAD ORDER

Order No. 757, dated October 16, covers the original movement to require trains to stop at the last station in the state to allow passengers time to repurchase tickets and re-check baggage. The order issued recites that passengers on trains desiring to continue their journey within Oklahoma beyond the station to where ticket was originally purchased shall be permitted to pay the regular fare and no penalty shall be collected in excess of the regular fares or the carrier gives passengers an opportunity to purchase a ticket at the station to where they were originally destined.

INCENT CHARGED AGAINST COLE

J. I. Cole, a prosperous farmer, who lives near the line between this and Choctaw County is charged with incest upon his 18 year old daughter, Ody, and made bond in the sum of \$1250 in the court of Justice De Weese at Hugo last week. Complaints had been made by neighbors it is said, of the condition of the daughter and the actions of the father, yet when questioned, the daughter would not intimate to officers, who is the father of her unborn child. The case has aroused much interest in that locality.

CONSOLIDATE CHURCHES

The preliminaries are now in progress for a referendum vote by the local churches of the United Brethren and Methodist Protestant denominations throughout Oklahoma in an organic union of the two. A resolution favoring the merger was passed unanimously by the United Brethren conference, which has just closed at Alva, Oklahoma, but a referendum vote is necessary to ratify it. It is argued much money and energy will thus be

son to whom the excess charges should be paid. The Rock Island line has recently paid \$74,851.68 which will be disbursed as soon as the office force can do the work incident thereto.

The amount of excess charges on lumber, oil, building material (brick, rock, lime, cement, stone, sand and gravel) is now being checked. Grain and grain products will be the last commodity taken up. Since we have only our regular force to do the work they can work on it only after the regular work of the Commission is performed. There are approximately 200,000 shipments which will be checked.

Telephone

The Oklahoma Supreme Court recently affirmed the case against the Pioneer Telephone Company wherein there is \$62,057.27 to be refunded to the telephone subscribers of Oklahoma City.

Express

On October 7th, the Supreme Court approved the express rates prescribed by the Commission, wherein there will be slightly more than \$600,000 to be refunded to the express shippers of Oklahoma. There are approximately six million express shipments to be checked.

The telephone and express companies are now contesting the right of the Commission to collect these refunds for the public, insisting that each shipper or telephone subscriber should present his claim. If their position is sustained there would not be \$50,000 in claims presented, whereas the Commission would locate and send to the parties the refunds due.

Our last Legislature did not comprehend the magnitude of the work to be done and which has been done by the Commission in securing and disbursing these refunds and did not appropriate sufficient money to fight these corporations and carry on this work, but actually reduced the appropriation, which will result in delay in the refunding of this money from one to two years inasmuch as we cannot employ any extra force.

CORPORATION COMMISSION
OF OKLAHOMA,
By J. E. LOVE, Chairman.

LEGAL NOTICES

(1st insertion Oct. 31; 4th insertion Nov. 21)

NOTICE OF SALE OF REAL ESTATE

State of Oklahoma, County of Bryan,
—ss. In the County Court.

In the matter of the guardianship of Othena Gardner, a minor.

Notice is hereby given that in pursuance to an order of the County Court of Bryan County, State of Oklahoma, made on the 20th day of October 1913 the undersigned guardian will sell at public auction at the front door of the County Court house in the town of Antlers, Pushmataha County, State of Oklahoma, between the legal hours of said day, on the 22nd day of November 1913, all the right, title, interest and estate of the said Othena Gardner, a minor, in and to the following described real estate, situated in Pushmataha County, State of Oklahoma, to-wit:

All of her interest in and to the S 1-2 of SE 1-4 and SE 1-4 of SW 1-4 of Section 22, and W 1-2 of Section 11, and SE 1-4 of NE 1-4 of NE 1-4 and E 1-2 of SE 1-4 of NE 1-4 of Sec. 15, and NE 1-4 of SE 1-4 of Sec. 35, and NE 1-4 of NE 1-4 and W 1-2 of NE 1-4 and NW 1-4 of Sec. 23, and E 1-2 of NE 1-4 and SW 1-4 of NE 1-4 and NE 1-4 of SW 1-4 of Sec. 22, Township two South and Range Eighteen East, being the allotment of Sawyer Gardner, deceased.

Said sale will be subject to confirmation by said Court, the terms of said

sale will be cash upon delivery of guardian's deed.

Dated this 20th day of October 1913.

R. L. GARDNER,

Guardian of Othena Gardner.
W. C. Caudill, of Durant, Atty. for guardian.

(1st Ins. Oct. 24; 2nd Ins. Oct. 31)

Order for Hearing Petition for Mortgaging Real Estate

State of Oklahoma, County of Bryan,
—ss. In the County Court.

In the matter of the guardianship of Elzona Love and Dewitt Davis, minors, Walter C. Martin, Guardian.

Walter C. Martin, as the guardian of Elzona Love and Dewitt Davis, minors, having on this 15th day of October, 1913, filed his petition asking leave of this court to mortgage the real estate of said minors, in the sum of two hundred thirty eight (\$238.00) dollars; the said real estate being described as follows, to-wit: The South East Quarter of the South West Quarter of Section three, Township Eight South and Range Seven East, in Bryan County, State of Oklahoma, containing forty acres, more or less; for the reasons set out in said petition.

It is therefore ordered, that said petition be and is hereby set for hearing on November 5th, 1913, at ten o'clock in the forenoon of said day, at the County Court room in the City of Durant, in Bryan County and State of Oklahoma, at which time and place all persons interested in said minors or their estate are required to appear and show cause, if any they have, why an order should not be granted to said Walter C. Martin, as guardian of above minors, to mortgage above described real estate, belonging to said minors, in the sum of two hundred thirty eight (\$238.00) dollars, for the purpose of satisfying a mortgage against said real estate, and for the reasons in said petition stated.

It is further ordered that a copy of this order be published in the Durant News, a weekly newspaper published at Durant, Bryan County, State of Oklahoma, for two successive weeks, next before the date of the hearing of said order.

Dated this 18th day of October, 1913.

J. L. RAPPOLEE,

County Judge.

W. C. Caudill, Atty. for guardian.

(1st Ins. Oct. 17; 3rd, Ins. Oct. 31)

NOTICE OF SALE OF REAL ESTATE

Notice is hereby given that in pursuance of an order of the County Court of the County of Atoka, and State of Oklahoma, made on the 3rd day of October, 1913, in the matter of the guardianship of Stulger E. Robinson, the undersigned as guardian of the estate of said minor, will sell at private sale to the highest bidder for cash, subject to confirmation by said County Court, on the 3rd day of November, 1913, at 10 o'clock a. m. at the office of J. H. Gernert, in the City of Atoka, Atoka County, Oklahoma, all the right, title and interest and estate of said minor, in and to the following described lands and real estate, to-wit:

SW 1/4 of SW 1/4, and SW 1/4 of SE 1/4 of SW 1/4 of Sec. 15, Tp. 4 S., R. 10 E., and E 1/2 of NW 1/4 of NE 1/4 of Sec. 24, Tp. 5 South, Range 10 East, and NE 1/4 of SE 1/4 of NE 1/4 of Sec. 23, Tp. 1 South, Range

Malaria or Chills & Fever

Prescription No. 666 is prepared especially for MALARIA or CHILLS & FEVER. Five or six doses will break any case, and if taken then as a tonic the Fever will not return. It acts on the liver better than Calomel and does not gripe or sicken. 25c

2 West, and SE ten acres of Lot 4, and E 1/2 of SW 1/4 of NW 1/4 and West 21.29 acres of Lot 3, Section 4, Tp. 5 South, Range 2 East, and SE 1/4 of SE 1/4 of SW 1/4 of Sec. 27, and N 1/2 of NW 1/4 of Sec. 34, and E 1/2 of NE 1/4 of NE 1/4 of Sec. 33, Tp. 1 South, Range 2 West; upon the following conditions to-wit: Cash on delivery of guardian's deed. Bids must be in writing, and may be left at the office of J. H. Gernert, attorney at Law, Atoka, Oklahoma, or may be filed in the office of the Judge of the County Court.

Dated this 8th day of October, 1913.
H. B. HAYES,
Guardian.
Mullen & Mullen, Attys. Ardmore, Ok.

(1st Ins. Oct. 17; 3rd Ins. Oct. 31)

WARNING ORDER

State of Oklahoma, County of Bryan,
—In District Court, October Term, 1913.

Nancy Taylor, Plaintiff, vs. Emet Taylor, Defendant.—No. 1640.

The defendant, Emet Taylor, is hereby notified that he has been sued by Nancy Taylor and must answer the petition filed by the plaintiff on or before the 29th day of November, 1913, or the petition will be taken as true and judgment for absolute divorce will be rendered accordingly.

Witness, my official signature and seal this 9th day of October, 1913.
(Seal) W. A. JONES,
Clerk of the District Court.
Deck & Elting, Attorneys for Plaintiff.

(1st Ins. Oct. 10; 4th Ins. Oct. 21)

WARNING ORDER

State of Oklahoma, County of Bryan,
—In District Court, October Term, 1913.

J. W. Sellers, et al., Plaintiffs, vs. Carol F. Pope, et al., Defendant.—No. 1446.

The defendants, Mrs. Fannie Stephens, Stanley Stephens and Katherine Stephens, are hereby notified that they have been sued by J. W. Sellers et al., and must answer the petition filed by the plaintiffs on or before the 22nd day of November, 1913,

or the petition will be taken as true and judgment for quieting title to Lot 9, in Block 5, Bennington, Oklahoma, in plaintiffs, will be rendered accordingly.

Witness my official signature and seal this 2nd day of October, 1913.
(Seal) W. A. JONES,
Clerk of the District Court.
Utterback, Hayes & MacDonald, Attorneys for Plaintiff.

(1st Ins. Sept. 5; 12th Ins. Nov. 21)

GOVERNMENT SALE OF TIMBER LANDS. There will be offered at public auction at the places and times herein named at not less than appraised valuations about 1,275,000 acres of timber lands with standing timber thereon, which includes about 1,043,867,500 feet of pine, as estimated in 1911, and approximately 141,369,000 feet of hard wood, located in the Choctaw Nation, Southeastern Oklahoma. Sales will be held at Indian January 5th, Hugo January 8th, Poteau January 12th, Wilburton January 15th and McAlester January 17th, 1914. Bids may be submitted either in person or by agent with power of attorney. Land and timber will be sold together. Land classed as agricultural land will be offered in tracts not exceeding 160 acres, other lands in tracts not exceeding 640 acres, and not more than 160 acres of agricultural land nor more than one-fifth of the total of non-agricultural lands will be sold to any one person. Terms 25 per cent cash, balance in three annual installments of 25 per cent each with interest, but payments may be completed any time. Immediate possession given after approval of sale. Residence on land not required. Removal of portions of timber permitted as paid for. The improvements on land consisting of a few scattered houses will be appraised and sold with land and the owners thereof reimbursed where they are not successful bidders. The right to waive technical defects in advertisements and bids and to reject any and all bids is reserved. Detailed information, including descriptive lists, showing quantity and appraisement of timber and land in each tract will be furnished without cost after October 1, 1913; maps, showing location and accessibility to railroads of each tract, will be furnished at a cost of fifty cents each. Application for both descriptive lists and maps should be made to the Commissioner to the Five Civilized Tribes, Muskogee, Oklahoma. CATO SELLS, COMMISSIONER OF INDIAN AFFAIRS.

COULD SCARCELY WALK ABOUT

And For Three Summers Mrs. Vincent Was Unable to Attend to Any of Her Housework.

Pleasant Hill, N. C.—"I suffered for three summers," writes Mrs. Walter Vincent, of this town, "and the third and last time, was my worst."

I had dreadful nervous headaches and prostration, and was scarcely able to walk about. Could not do any of my housework.

I also had dreadful pains in my back and sides and when one of those weak, sinking spells would come on me, I would have to give up and lie down, until it wore off.

I was certainly in a dreadful state of health, when I finally decided to try Cardui, the woman's tonic, and I firmly

believe I would have died if I hadn't taken it.

After I began taking Cardui, I was greatly helped, and all three bottles relieved me entirely.

I fattened up, and grew so much stronger in three months, I felt like another person altogether."

Cardui is purely vegetable and gentle-acting. Its ingredients have a mild, tonic effect, on the womanly constitution.

Cardui makes for increased strength, improves the appetite, tones up the nervous system, and helps to make pale, sallow cheeks, fresh and rosy.

Cardui has helped more than a million weak women, during the past 50 years. It will surely do for you, what it has done for them. Try Cardui today.

Write for: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for Special Instructions on your case and 64-page book, "Home Treatment for Women," sent in plain wrapper. J-6

WHENEVER YOU NEED A GENERAL TONIC - TAKE GROVE'S

The Old Standard Grove's Tasteless chill Tonic is Equally Valuable as a General Tonic because it Acts on the Liver, Drives Out Malaria, Enriches the Blood and Builds up the Whole System. For Grown People and Children.

You know what you are taking when you take Grove's Tasteless chill Tonic as the formula is printed on every label showing that it contains the well known tonic properties of QUININE and IRON. It is as strong as the strongest bitter tonic and is in Tasteless Form. It has no equal for Malaria, Chills and Fever, Weakness, general debility and loss of appetite. Gives life and vigor to Nursing Mothers and Pale, Sickly Children. Removes Biliousness without purging. Relieves nervous depression and low spirits. Arouses the liver to action and purifies the blood. A True Tonic and Sure Appetizer. A Complete Strengthening. No family should be without it. Guaranteed by your Druggist. We mean it. 30c.

WE PAY INTEREST

On time deposits. Deposit your surplus money in this bank where it will be safe from loss and earn you more money. We pay you four per cent interest on all money deposited for as long as six months. Deposits in this bank are protected by the Bank Guaranty Fund of the State of Oklahoma.

FIRST STATE BANK

DURANT - - - - - OKLAHOMA

TEXAS TRACTION COMPANY

(DENISON-SHERMAN-DALLAS INTERURBAN)

"THE CONVENIENT WAY"

SPECIAL RATES

—TO—

DALLAS

AND RETURN

OCT. 18th, to NOV. 2nd, 1913

ACCOUNT

TEXAS STATE FAIR

From DENISON - - - \$2.30

From SHERMAN - - - \$2.00

Good only on Local Cars and limited to return 3 days including date of sale

During the Fair Local Cars Leave Hourly

From Denison 6:00 A. M. to 7:00 P. M. inclusive and 9:00 P. M.

From Sherman 5:45 A. M. to 7:45 P. M. inclusive and 9:45 P. M.

Returning Local Cars Leave Dallas Hourly

To Denison 6:00 A. M. to 9:00 P. M. inclusive.

To Sherman 6:00 A. M. to 10:00 P. M. inclusive.

LIMITED CARS

Leave Denison 6:30 A. M., 10:30 A. M., 12:30 P. M., 4:30 P. M., 6:30 P. M.

Leave Sherman 7:00 A. M., 11:00 A. M., 1:00 P. M., 5:00 P. M., 7:00 P. M.

Returning Leave Dallas 7:40 A. M., 9:40 A. M., 1:40 P. M., 3:40 P. M., 7:40 P. M.

Regular Round Trip Rates on LIMITED CARS

From Denison - - - \$2.85 From Sherman - - - \$2.40

Good to Return Ten Days